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Winnipeg metro

Your essential daily news | TUESDAY, FEBRUARY 23, 2016

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LILLY SINGH

Rising Canadian YouTube star lands in L.A.-L.A. Land

metroLIFE

'He has now become Winnipeg's boy'

DAVID LIPNOWSKI/FOR METRO

Community mourns slain teen Cooper Nemeth

metroNEWS

School board mulls tax hike

BUDGET

Trustees hear public requests for improvements to student services

Braeden Jones
Metro | Winnipeg

The Winnipeg School Division's board chairman Mark Wasyliw said trustees will have "some further discussions" about suggestions that came from the public at a special budget meeting Monday night.

Bernice Rempel addressed the board on the issue of aging security cameras at St. John's High School, after learning as many as four of 16 don't work.

The ones that do work, she said, "you can't tell who you're looking at," because it's "so grainy."

She suggested the board adds a life-cycle replacement program for surveillance cameras to its budget.

Wasyliw said it's a "concern" to have security equipment "out of date and not working."

He said the suggestion to mirror the division's computer replacement program and its five-year lifespan "just makes sense."

Another community member, Sharon Machinski, asked the board to budget for a new accessible van after several mobility-limited students were unable to complete work placements and community access programs, for lack of transportation.

She said the students are "at a disadvantage," and that an inclusive education is not possible "without transportation."

Wasyliw said it's a "huge" issue.

"We want to give our students advantages and if you have high-school-age students with mobility issues (who) can't get to work experience, jobs and extra programming, then it's as if we aren't offering them at all," he said.

The preliminary draft trustees have tabled includes a potential 5.1 per cent tax increase to cover what Wasyliw characterizes as "just trying to maintain" the status quo.

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metro NEWS

Your essential daily news

Many coffee lovers will spend more to earn freebies under Starbucks' changed rewards program.

An unidentified indigenous 14-year-old boy who experienced a racist slur in silhouette as he speaks about the incident.
JOHN WOODS/THE CANADIAN PRESS

HUMAN RIGHTS

Teen boy target of racial remark

An indigenous teen says being the target of a racial slur from a city community centre worker made him feel less than human and he wants an apology.

The 14-year-old, who asked that his name not be used, says he was hanging out on the grounds of a community centre near his Winnipeg school earlier this month when the worker told him and a friend to leave.

When they lingered, he says, the worker called him a "stupid f–ing Indian."

> **He made me feel like I was worthless.**
> Teen involved in incident

"My heart sank," the Grade 8 student said Monday. "He made me feel like I was worthless.

"It's stuck with me. At school, it's hard to concentrate because those words keep replaying in your head. It brings down your self-esteem. It makes you feel terrible."

His mother, said police have told her they won't investigate what happened as a hate crime because it was just "name-calling." A victims services worker suggested she was overreacting because of the legacy of residential schools, she said.

The community centre issued a statement after the encounter that said the centre takes "these types of incidents very seriously and has contacted (the mother) and offered our apology."

But the teen's mother said no one from the community centre or city has apologized to either her or her son.

She said she is filing a human rights complaint, but that is proving difficult without the name of the worker.

THE CANADIAN PRESS

Lawyer requests an out-of-province judge

TRIAL

Guido Amsel's defence says local judge could be bias

The lawyer of a man accused of sending mail bombs to a workplace and Winnipeg law offices wants an out-of-province judge to handle his trial on attempted murder charges.

Martin Glazer says he made the request for Guido Amsel's case because he believes a local judge could be biased.

Amsel is facing more than a dozen criminal charges including three counts of attempted murder.

It's alleged that Amsel was targeting his former wife and the lawyers who were involved in a lengthy legal dispute between the couple. The Crown disagreed, and a ruling will be made this Thursday, Feb. 25.

Three bombs were sent last summer to Guido Amsel's ex-wife's workplace and the lawyers who had represented Amsel and his wife in their divorce. THE CANADIAN PRESS

Three bombs were sent last summer, one to an auto repair shop where Amsel's ex-wife worked and to the lawyers who had represented Amsel and his wife in their divorce.

Two were safely disposed of, but one exploded at the office of Petersen-King on River Avenue, severely injuring lawyer Maria Mitousis.

Mitousis lost a hand in the explosion and underwent 12 hours of surgery for injuries to her upper body and thighs.

She has since expressed full intention of returning to her practice.

Another bomb was sent to an auto repair shop where Amsel's ex-wife works, and was safely detonated by police. A third was sent to a law firm Amsel had hired in a legal battle with his wife over money from a business the couple owned.

Court documents show Amsel and his ex-wife Iris went through a bitter divorce, along with a lawsuit over money from the company they used to jointly run.

THE CANADIAN PRESS

VEHICLES

City moves ahead with tracking expansion

Approximately 1,800 City of Winnipeg vehicles may soon be under remote surveillance.

A report received on automatic vehicle location (AVL) technology was received for information at the city's innovation committee meeting on Monday. It recommended systems capable of tracking vehicles be purchased to "better manage the utilization and resources of each vehicle for increased efficiency."

The first phase of the AVL plan involves the trial and testing of technology vendors. Currently, the city is evaluating proposals from 13 bidders. METRO

IN BRIEF

City rakes in more cash with surplus vehicle pilot

The City of Winnipeg has wrapped up a pilot project that changed how vehicles past their useful lives will be sold when replaced.

The pilot, launched in May 2014, saw the city shift from an auction system to direct sales for old vehicles.

The city increased revenue by 20.55 per cent after 111 direct sales. The administrative report on the pilot concluded "selling vehicles and other surplus assets direct to consumers generates the greatest financial return." It estimates the shift in methodology could generate an additional income of approximately $24,000 annually. METRO

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IN BRIEF

Teenager arrested after high-speed chase: Police
An 18-year-old man is facing numerous charges, including theft of a motor vehicle, after being arrested in connection to a high-speed chase that happened Monday morning. According to a release issued Monday, Winnipeg police officers noticed a Toyota Camry being driven erratically near Bannerman Avenue and Main Street.

Police followed and the driver eventually lost control, and collided with a light post in the area of Kimberley Avenue and Gateway Road. METRO

Shooting victim stabilizes
Winnipeg police say the victim of an early Monday morning shooting is now in stable condition. Police say officers were called to a home in the 1800 block of Logan Avenue on Monday around 5:30 a.m.

A man was found inside to be suffering from what was presumed to be gunshot wounds, and rushed to hospital in critical condition. Anyone with information is asked to contact police. METRO

Dead woman found inside North End home: Police
Winnipeg police are investigating a suspicious death after a woman's body was discovered in one of the city's North End homes.

Officers and emergency crews descended on a residence on Pritchard Avenue on Monday morning. Initial reports suggested that someone inside was in need of medical attention, but upon arrival, officers located a woman who had died. Members of the homicide unit continue to investigate, say police. METRO

'Amazing' turnouts for 2016 Festival du Voyageur

CULTURE

Over 100,000 people flocked to this year's festivities

Michelle Bailey
For Metro

Less than 24 hours after its 47th year came to a close, Festival du Voyageur organizers have already begun tearing down the event and are doing so with big smiles.

"We had 102,000 visits to all of our festival venues, which is an increase of 13 per cent over last year," Irina Ivanov-Bissonnette, festival director of marketing and communications, said Monday. "That is just amazing."

Ivanov-Bissonnette credits the mild temperatures, and a wide array of programming, including several new events, for the spike in attendance.

In particular, theme nights such as karaoke night, board game night and singles night on Valentine's Day proved to draw huge crowds for the 47th annual event.

> **We had 102,000 visits to all of our festival venues, which is an increase of 13 per cent over last year.** Irina Ivanov-Bissonnette, festival director of marketing and communications

"Singles night was really well attended," she said.

"The venue was packed and even still, people were lined up outside waiting for their chance to get in. We are looking to recreate that feature again for next year."

Part of the post-festival work involves gathering feedback from visitors to find out what their experience was like. Between now and March 3, people can fill out an online survey.

"We know that people love the core programming and events that we have each year, such as the beard growing contest, pea soup cooking contest and fiddling contest," said Ivanov-Bissonnette.

"It's the newer features we are anxious to hear about."

Since the creation of Louis Riel Day in Manitoba, festival organizers have ensured the event will incorporate the state holiday for future years.

"We had just over 6,500 people at Voyageur Park on Louis Riel Day this year," said Ivanov-Bissonnette.

"We also had 200 of our social media followers send in photos to help create a giant mosaic of Louis Riel which was really special and very impressive."

The 48th edition of Festival du Voyageur will take place February 17-28, 2017.

Festival du Voyageur organizers are celebrating the big turnouts at this year's 47th annual event. CHRISD.CA

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TRANSIT TUESDAY
Weekly Transit News Update

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Dozens packed into the Gateway Recreation Centre on Monday evening for a drum circle and smudging ceremony to honour the life of Cooper Nemeth. DAVID LIPNOWSKI/FOR METRO

'We are hoping he is at peace in heaven'

CEREMONY

Dozens gather to mourn loss of 17-year-old Cooper Nemeth

Michelle Bailey
For Metro | Winnipeg

The drum circle and smudging ceremony held Monday night to honour Cooper Nemeth is something the 17-year-old "would have really liked," according to his dad Brent.

Brent, wife Gaylene and other family and friends attended the ceremony at the Gateway Recreation Centre, along with dozens of other community members, after the young hockey player's body was discovered near a Valley Gardens home over the weekend.

"You shook this earth so hard and screamed from the rooftops so loud to find our boy," Brent told Monday's crowd, choking back tears.

"He has now become Winnipeg's boy."

The search for Cooper began Feb. 14 when he didn't return home from a party.

That's when the Bear Clan Patrol joined the citywide effort to find him.

"Any lost child is a concern of ours," said James Favel, Bear Clan Patrol project coordinator.

"We needed to be part of the search for Cooper and now, we want to be part of the healing process for the family and the community as a whole."

> **We love you, Cooper. More than we could ever say or show. You will be by our side every step we take.**
> Brent Nemeth, Cooper Nemeth's father

A 22-year-old man has been charged with Cooper's murder, and he made a brief court appearance on Monday.

Cooper's aunt, Laresa Sayles, told reporters after the ceremony that she cannot thank people enough for helping to look for her nephew.

"I hope that the tragedy our family has felt and is feeling right now will keep the momentum to be strong and support each other, because this cannot happen to any child, no adult, no boy or girl," Sayles said.

She agreed with her brother Brent when he said Cooper would have appreciated the sentiment of the evening.

"Tonight, if his spirit was here and watching, I know he would have loved this. And with the beat of those drums, I'm certain that if he was in limbo in the spirit world, I'm sure it would have directed him to the right place, and we are hoping he is at peace in heaven now."

Feds predict larger deficit

BUDGET

Shortfall likely to exceed $20B in wake of big-ticket promises

The federal government is projecting a deficit of at least $18.4 billion next year, a shortfall nearly five times the projections from just three months ago and well past the $10-billion limit promised by the Liberals.

When the government unveils its maiden budget on March 22, the deficit could well exceed $20 billion once a number of big-ticket Liberal campaign promises — including infrastructure spending — are factored in.

Finance Minister Bill Morneau staged a campaign-style town-hall event Monday to deliver the bad news and reassure Canadians who might be reconsidering their ballot-box choice last October.

"Given the economic situation in which we find ourselves today, Canadians made the right choice" by voting Liberal, Morneau said.

"I won't have budget 2016 simply become a knee-jerk reaction to recent economic shifts. We'll be acting out of reason."

> I know the cries will get louder over the next few weeks.
> Finance Minister Bill Morneau

The federal Finance Department is also predicting a $15.5-billion deficit in 2017-18 — more than six times its estimate last fall of $2.4 billion.

The calculations are based on an average projected oil price of $40 for 2016, down from $54 in the government's fall update, and projected growth of 1.4 per cent, down from two per cent in the fall.

THE CANADIAN PRESS

Sydney radio host Rob Calabrese has launched a website titled "Cape Breton if Donald Trump Wins," **which has created a surge of interest in the island's real estate.** CONTRIBUTED

TRUMP FACTOR

Cape Breton real estate sees burst in American inquiries

Yvette d'Entremont
Metro | Halifax

A website encouraging Americans concerned about Donald Trump's rise in the Republican party to move to Cape Breton has created a surge of interest in the island's real estate.

On Feb. 15 Sydney radio host Rob Calabrese launched a website titled "Cape Breton if Donald Trump Wins."

Calabrese told Metro last week that he initially launched the site as a joke. He had been following the American election closely, including the debates and Trump's controversial stances on banning Muslims from the country and building a wall on the Mexican border.

His website struck a chord. Calabrese has since received national and international media attention. His website has so far garnered more than 200,000 visitors, and he has received assistance from Destination Cape Breton to deal with thousands of inquiries from Americans.

Canadian real estate listings website Point2Homes has also experienced a surge in traffic from Americans seriously considering a move to Cape Breton.

"Data collected from our website shows that despite some considering the story a joke, many Americans took it quite seriously," Point2Homes spokesperson Roxana Baiceanu said in an email to Metro.

PEACE TOWER

Ottawa debates heritage policy

Haley Ritchie
Metro | Ottawa

The federal government has been inundated with requests from charities and causes to light up the Peace Tower on Parliament Hill — so many, in fact, that the department responsible for illuminating the historic building is at a bit of a loss for how to handle them all.

So now Canadian Heritage is scrambling to come up with an official strategy to deal with all the requests, according to documents obtained by Metro under the Access to Information Act.

The tower has been lit to support a number of causes, including breast cancer awareness, International Girls Day and World Autism Day. However, the memo does caution that the Peace Tower "must not be used as a commercial promotional tool, as per the rules established for the use of Parliament Hill."

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Black vote central to race

Democratic presidential hopeful Sen. Bernie Sanders at Brookland Baptist Church in West Columbia, S.C. Sanders and Hillary Clinton battle for the primary Feb. 27. POE RAEDLE/GETTY

PRESIDENTIAL NOMINATION

Clinton has edge over rival, Sanders has to win support

Bernie Sanders has eight days to win the hearts of black voters in the Deep South.

Sanders, a senator from America's second-whitest state, has never before had to build a black following. If he doesn't do it immediately, he likely can't beat Hillary Clinton for the Democratic presidential nomination. And he sure isn't doing it yet.

South Carolina's primary is Saturday. Sanders and Clinton are in a dead heat for its white voters. For many of its black voters, Clinton might as well be running unopposed.

Most of them first heard Sanders's name in the past year, some of them in the past week. Even voters who know of his record say they have tuned him out. Their vote was secure the moment Clinton announced.

In three South Carolina polls released last week, Clinton led Sanders 73 to 19, 63 to 21 and 63 to 23 among African-Americans. While Sanders did better with blacks under the age of 30, there was no sign of the white-millennial Berniemania that gripped New Hampshire.

Without such a groundswell, a dramatic race might turn fast into a rout. Black voters are half of the primary electorate in South Carolina. On Super Tuesday, March 1, they make up a hefty share of the vote in six southern states. Clinton's smallest lead with blacks in those states: 40 points.

> **He governed in a very, very Reagan-like way on issues of concern to blacks.**
> Prof. Robert Smith on Bill Clinton's record

Sanders is scrambling to trim the gap. He is running a stirring ad featuring the daughter of Eric Garner, a black man killed by police. He is stumping with a former NAACP leader. And his campaign has played up his youthful civil rights activism.

But black Democratic elites have come out in force for Clinton. Sanders has not deviated much from his core message, which emphasizes income inequality over racial inequality.

It is criminal justice where Clinton might be vulnerable, said Robert Smith, a San Francisco State University political science professor. Bill Clinton signed a harsh 1994 crime bill that caused an explosion in black imprisonment.

"To many of us who have studied (Bill) Clinton and his record very carefully, the kind of affection that blacks have for him and his wife is not earned," Smith said.

"He governed in a very, very Reagan-like way on issues of concern to blacks. I don't think most black, ordinary voters are aware of that.

"I don't think most black, ordinary voters are aware of that."

He added: "I don't think really very much can be done at this point."

TORSTAR NEWS SERVICE

KALAMAZOO, MICH.

Suspect admits shooting

The Uber driver suspected in a series of three random shootings in Michigan admitted carrying out the seemingly random attacks that killed six people, a prosecutor said Monday.

Jason Dalton waived his right against self-incrimination before making the statement to authorities, Kalamazoo County prosecutor Jeff Getting said.

Dalton's statements were used to file charges of murder and attempted murder Monday, two days after the rampage in the Kalamazoo area.

He appeared in court via video to hear the charges. He was ordered held without bond and will get a court-appointed attorney.

If he's convicted, the murder charges carry a mandatory life sentence. Michigan does not have the death penalty.

Kalamazoo County Sheriff Richard Fuller said questions about motive and Dalton's frame of mind are "going to be the hardest to answer for anybody," Fuller said.

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metro VIEWS
Your essential daily news
Tuesday, February 23, 2016

READY TO ENGAGE | 2015 Election voter turnout

A milestone for Canada

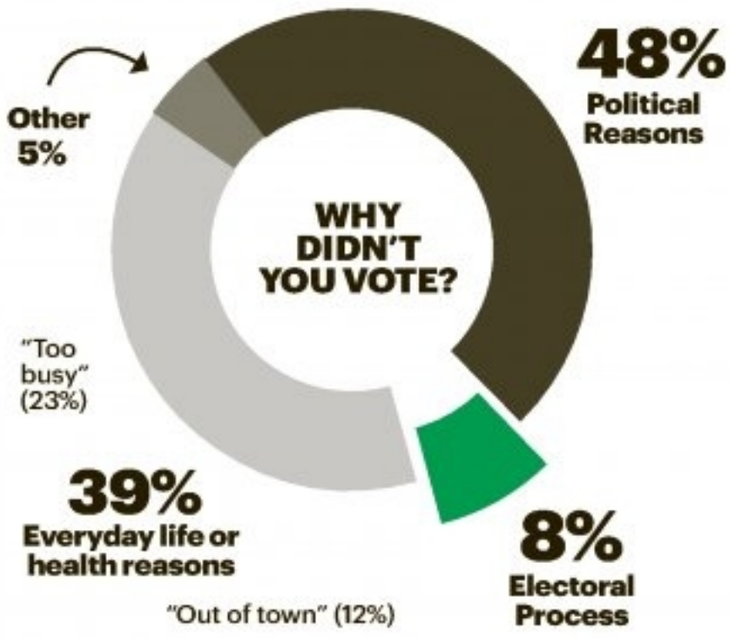
During the fall election campaign, Metro asked if young, urban Canadians were ready to engage with the issues — and put their engagement into action by showing up to vote. You were more than ready: Self-reported voter turnout surged in every province and demographic group, according to a Statistics Canada report released Monday. Seventy-seven per cent of eligible voters said they cast a ballot, up from 70 per cent in 2011. We break down who voted, who couldn't figure out how to vote and who had nothing but excuses, excuses.

PROVINCIAL PARTICIPATION

Every province beat its 2011 turnout rate. Alberta improved most, soaring 11 percentage points from 66 per cent of eligible voters participating in 2011 to 77 per cent in 2015. It trounced the national average increase of seven points, perhaps in part because of lingering political excitement following a dramatic spring provincial election.

British Columbia	9%
Alberta	11%
Saskatchewan	8%
Manitoba	10%
Ontario	6%
Quebec	4%
New Brunswick	8%
Nova Scotia	8%
Prince Edward Island	5%
Newfoundland and Labrador	7%

WHY DIDN'T YOU VOTE?



NEW CANADIANS

14%

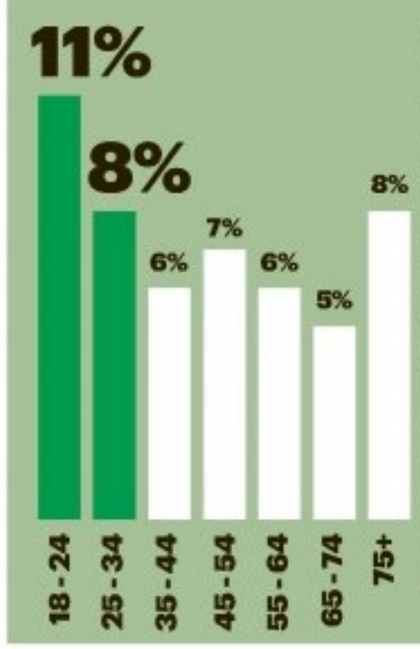
Amid a campaign dominated by cultural debates over Syrian refugees and the niqab, the voter turnout rate among immigrants with citizenship who've been in Canada for less than a decade jumped 14 points: from 56 per cent in 2011 to 70 per cent in 2015. Newer arrivals who did not vote were less apt to say they didn't care about politics and more likely to either be too busy or have difficulty navigating the electoral system.

YOUTH VOTERS

18 - 24 **12%** | 25 - 34 **11%**

Scores of young voters turned up to polling stations across the nation for the first time this fall. However, 18- to 24-year-olds still voted at lower rates than the general population — 67 per cent cast a ballot, compared to 55 per cent in the last federal election.

ROOM FOR IMPROVEMENT



Young Canadians, who often stray from their official home addresses to pursue post-secondary education, travel or job opportunities, were most likely to report that something to do with the electoral process, such as ID or proof-of-address requirements, kept them from exercising their civic duty. Eleven per cent of non-voters 18 to 24 gave this as a reason, compared to eight per cent of non-voters overall.

METRO ASKED | What does the surge in youth voter turnout mean to you?

In the lead-up to the Oct. 19 election, Metro met with young, politically active voters from cities across the country. Jerilynn Webster, 26 — who called herself the Drake to the Conservatives' Meek Mill — said she was concerned about indigenous children in care, welcoming refugees and protecting the environment.

JERILYNN WEBSTER, AKA JB FIRST LADY
Rapper, spoken-word artist
Vancouver

It was predicted like 10 years ago that young people would change our communities, because we are half of the population. I feel like young people are the experts in knowing how to create justice, how to create safety for our communities — because we want justice for our children, missing women, our environment, refugees.

GRAPHICS BY ANDRÉS PLANA/METRO

ROSEMARY WESTWOOD

metroview

Meritocracy is a myth. Pointing that out will still get you harassed.

There is a limit to last wishes beyond the grave.

Which is too bad for Dr. Victor Priebe of Windsor, Ont., a radiologist who loved photography and public libraries but apparently didn't care for non-white people or lesbians.

Priebe, who died Jan. 1 at 83, set up two science bursaries in his will, which is replete with blatant hatred and which an Ontario judge has struck down because it is "white supremacist, homophobic and misogynistic."

The will stipulated one bursary for "Caucasian (white), male, single, heterosexual students" who are "not afraid of hard manual work in their selection of summer employment," and another one to benefit a "hard-working, single Caucasian white girl who is not feminist or lesbian."

In her ruling, the National Post reported, the judge relied on a 1938 Supreme Court decision, which allowed the overturning of wills that are offensive to public standards (in this case, the Ontario Human Rights Code).

Priebe's will is certainly offensive and absurdly, laughably, quaintly out-of-date.

Yet we still needed, upon Harper Lee's death last Friday, to celebrate her novel To Kill A Mockingbird as a perpetually relevant tool to grapple with persistent discrimination, a map for "how to go forward after a moment of blatant injustice," in the words of one New York Times commenter.

White supremacy and sexism may be legally out-of-date, but whiteness, maleness, power and privilege are still deeply entwined in the West. While it's easy to laugh at an old man's will (what's with all the "hard-working" stuff?), some are not keen to actively rebalance the inequality with which it's imbued.

Take the crowd that attacked Buzzfeed's Scaachi Koul — and forced her off Twitter — after she sent a call out for freelancers who were non-white and non-male. Koul, a rising voice on racism and sexism and a once-formidable Twitter presence, was ridiculed for her tone ("ugh, men" she tweeted). Maclean's Scott Gilmore charged her, ridiculously, with labour-rights violations. She got the predictable rape threats. She made the obvious counter-argument: "Giving ignored voices preferential treatment is not racism against white people. It is an attempt to fix all of history," she tweeted before suspending her account.

This is where we are: An imagined meritocracy blankets our lopsided press, business elite and politics, and pointing that out gets you harassed. Priebe might not be getting what he wanted, but his would-be beneficiaries continue to do just fine without him.

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Your essential daily news

Kesha's fight with Dr. Luke gets a $250K boost from Taylor Swift

YouTube superstar takes her sparkle to L.A.

Internet sensation and Scarborough, Ont. native Lilly Singh has moved to Los Angeles to capture the energy of the city's entertainment industry. CONTRIBUTED

IISUPERWOMANII

Lilly Singh is off to show biz capital after her world tour

It's been an unexpected and eventful journey from the Scarborough, Ont. home where Lilly Singh first became a YouTube star to the bright lights of Los Angeles.

In between, there was a whirlwind global tour in 2015 that included 31 shows in 27 cities — most of them sold out — chronicled in the documentary A Trip to Unicorn Island, which premiered on YouTube Red earlier this month.

"Everything that people love about my videos and channel online, I wanted to bring it to a stage and bring it to cities across the world. There were a lot of places that I'd never been such as Trinidad, such as Hong Kong," says Singh, a comic and motivational speaker.

"The biggest highlight was meeting the fans from all over the world. You make videos online and you see analytics and comments. But there's something special about seeing people's faces in real life."

The tour didn't come without its "hiccups," including visa problems in India and a stage in Adelaide, Australia, that was barely large enough for Singh and the eight backup dancers she brought along. In Dubai, employees of the theatre smoked prodigiously throughout the show.

"The schedule was quite ambitious, especially to begin with. India is a hard country to start with because it is on the opposite (side) of the world. So you had to adjust to not only the weather and the food and the climate (but) also the time," Singh recalled.

"So our first six shows back to back were in India and after the sixth show, I was hospitalized already from dehydration and exhaustion," she added.

The tour and the new film are just the latest triumphs in an unlikely success story that began in 2010 when Singh started posting comedy videos from her bedroom enclave.

> **I still love YouTube — but I would really love to get into TV and film.**
> YouTube star Lilly Singh

Last year, Singh was listed No. 8 on Forbes list of YouTube millionaires and more recently landed on its influential 30 Under 30 list of emerging stars.

Besides a clothing line, Singh has two YouTube channels, IISuperwomanII, where she continues to post her Monday and Thursday "scripted comedy" videos for an estimated 7.8 million fans, and SuperwomanVlogs, where she posts a daily blog for her "super-fans."

For Singh, the next logical step was heading to Los Angeles, a move she made early in the new year.

"One of the main reasons I moved to L.A. is because there's like-minded people there, people in the same industry as me. So you have that motivation and drive because when you look around, you see everyone else doing something and so you feel guilty if you're not doing something," Singh said.

"That energy is exactly what I need to flourish in my career at this point. Almost everybody in the (entertainment) industry lives in L.A. so it's very easy to collaborate and bounce ideas off each other."

Former WWF star Dwayne "The Rock" Johnson, who has become a solid box office draw as an action star, has become a mentor. (Johnson makes a brief appearance in Unicorn Island).

"We have yet to work together, but he does kind of guide me through a lot of things. It would be my dream to work with him on a creative project one day," Singh said.

"I would love to get into TV and film. I've been auditioning and I love acting the few times I've done it. I'd love to get into that world not necessarily instead of YouTube — I still love YouTube — but I would really love to get into TV and film."

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Dogs, pop stars tressed to impress

THE SHOW: Grammy Awards (CTV/CBS) and Westminster Kennel Club Dog Show (USA/CNBC)
THE MOMENT: The Promenade

One by one, the most celebrated of their ilk stride the carpet and pose. Judges rate their teeth, their grooming, their gait. Some grin, some snap, some quiver. Eventually, they're herded into small groups where they compete head to head, often with others utterly unlike them. Many receive awards, but there's only one Record of the Year. I mean, Best in Show.

The Grammy Awards and the Westminster Kennel Club show happened on the same night this year. Flipping between them, I got confused. On one channel was Common, in polka-dot lapels; on the other was CJ, a spotted German pointer. Here an announcer described a spaniel as having a "merry demeanor;" there, Adele grinned. Taylor Swift's blonde bob shone; so did the white bob on the Hairless Chinese Crested.

The black and white Shih Tzu wore its hair in barettes; Janelle Monae, also in black and white, sported pigtails and a bellhop cap. Beyoncé and a Borzoi dazzled in silky white. Here came a lovely red Cirneco dell'Etna, there went lovely redhead Florence Welch. And just as an announcer called Italian greyhounds "affectionate to the point of neediness," John Legend and Chrissy Teigan appeared.

The Grammys gave out 83 prizes; the WKC recognized 187 breeds. Both were exhaustive, dizzying displays of grace, discipline and hair styling. But how anyone could choose between a bulldog, a German shepherd and a Skye terrier — I mean, between Taylor Swift, Bruno Mars and The Weeknd — I'll never know.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

A Maltese competing at the WKC dog show, left, and Taylor Swift at the Grammys. AFP/GETTY IMAGES; LOS ANGELES TIMES/TNS

YuMee Chung demonstrates the Levator Scapula Layover stretch. TORSTAR NEWS SERVICE

Take the tension out of your layover

THE MOVES

This yoga stretch will help unwind neck muscles

YuMee Chung
Torstar News Service

There are few things more stressful than a super short layover. By the time you've deplaned and made a mad dash between gates (if not terminals) with aq carry-on bag and personal items in tow, you'll definitely need a vacation. This yoga move can be done in the moments before you board your next flight to unwind tense neck and shoulder muscles.

Levator Scapula Layover

1. Hold your bags with your left hand and/or shoulder, allowing the arm to hang heavy and the shoulder to be pulled towards the ground.

2. Lay your head to the right, as if you mean to place your right ear on your right shoulder.

3. Use your right hand to reach over and take hold of the left side of your head. Think of this hand as encouraging a slow, organic release rather than forcing a sudden stretch.

FLEXIBILITY
A healthy neck can lean over laterally at an angle of about 45 degrees

4. Breathe into the left side of your neck for eight slow breaths.

5. Next, turn your nose down toward your right shoulder and move your right hand slightly towards the back of your head.

6. Breathe into the back of your neck for eight slow breaths.

7. Remove the right hand and use it to manually move your head into an upright position.

8. Repeat on the other side.

Get to know your fight-or-flight muscles

The levator scapulae (levator scap for short) are sometimes referred to as fight-or-flight muscles because they are notorious for firing under stressful conditions. They hunch shoulders and bring the chin forward.

Over-activity in this muscle pair can lead to neck pain and stiffness. A healthy neck can rotate about 80 degrees to both sides and can lean over laterally at an angle of about 45 degrees.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

HEALTH BRIEF

Breastfed children need Vitamin D supplements

Children should continue receiving a daily dose of Vitamin D as long as they are breastfeeding, including toddlers who consume other foods and fluids, according to researchers.

While breast milk is "the near perfect food," one thing it doesn't contain enough of is Vitamin D, says pediatrician Dr. Jonathon Maguire of St. Michael's Hospital in Toronto.

Especially in northern countries like Canada where mothers don't get as much sunlight.

As a result, organizations such as the Canadian Paediatric Society have long recommended infants receive supplement dropseed of Vitamin D, which is important for building strong bones and preventing rickets and chronic diseases. The researchers from St. Mike's and the Hospital for Sick Children found the risk of Vitamin D deficiency rose by six per cent for every month babies were breastfed past age one.

TORSTAR NEWS SERVICE

CAMP GUIDE

Spring break an active opportunity

Spring and summer breaks are the best time for kids to try something new and amp up their activity level.

"Your child can try horseback riding for the first time or try sailing," said Katherine Janson, spokeswoman for ParticipACTION. "It's a great opportunity to give kids exposure to different things in small bites and find out what they like."

The mantra at ParticipACTION is kids need at least an hour of heart-pumping activity each day. And just because kids have busy schedules over the break doesn't mean they're active, Janson noted.

To be physically active for life kids need to try a variety of activities, she added. Rather than focusing on one sport it's healthier for them to try a number of activities in different settings like in the water or on the slopes.

"If you think about it as giving them the opportunity to get out there and explore what they love then you're really going to be setting up for a more active life overall."

ISTOCK

And it doesn't mean signing up for sports camp: many camps geared towards science or art for example also include a physical component.

"What we'd love for parents to do is consider the whole child when they're choosing a camp. So even if it's focused on math or robotics, make sure they have time to play outside freely with their new friends before, during and after."

It's also a good idea, if possible, to walk to the camp to get in some extra exercise, she said.

Angela Hildebrand, with the YMCA, has lots of advice for parents when it comes to picking camps. First it needs to be fun and engaging with a high activity level which will leave kids tired by the end of the day.

Also look for camps where kids can meet new friends in a safe environment where the counselors are experienced and know first aid.

"It's important to keep a regular routine through that week," Hildebrand. "When schedules get disrupted it's difficult for the whole family."

Downtime is also important throughout the break, she added, but it's ideal if that downtime happens after being physically active at a camp all day.

Jennifer Taplin

FortWhyte Alive
HUMAN. NATURE.
Spring Break Camp!
Register online at fortwhyte.org/day-camp
Nature Day Camp
Monday, March 28 – Friday, April 1
Nestled within city limits, FortWhyte Alive offers campers an unforgettable wilderness experience. Our forests, lakes, and trails are the perfect place to explore and discover nature, while enjoying a variety of fun activities, games and crafts each day! Ages 6–12.
Farm Day Camp
Wednesday, March 30 and Thursday, March 31
Spend a day on a working farm, in the city! Care for plants in our greenhouse, tend to the pigs, collect eggs, learn to cook a healthy snack, play games, and much more. Farm camp connects kids with good food, grown on-site at FortWhyte Farms. Ages 9-12.
fortwhyte.org
1961 McCREARY RD
WINNIPEG, MB

Camp a great way to experience farm life

Kids to learn about agricultural heritage during day camp

Spending a day on a small mixed farm within the city will be the highlight on spring break for many kids.

FortWhyte offers a unique farm camp Wednesday, March 30 and Thursday, March 31. Kids aged nine to 12 will care for plants in the greenhouse, tend the pigs and piglets, collect eggs, explore soil sciences, cook healthy snacks and much more.

At the end of the day, kids will come home bursting with knowledge of which foods grow in Manitoba, how to raise livestock humanely, and how to follow a recipe while learning math and culinary skills.

"All of the farm camp activities encourage kids to enjoy food and physical activity" said Danielle Mondor, farm manager. "Kids will explore FortWhyte Farms multi-faceted facility where they can get their hands dirty planting vegetables, get close and personal with our heritage breed livestock and learn to cook in our Farm To Fork commercial kitchen."

FortWhyte Alive offers campers an unforgettable wilderness experience unlike any other. Beautiful natural settings that encompass 640 acres of forests, lakes, wetlands, an extensive network of trails and floating boardwalks, allow campers to get close to a variety of wildlife that call FortWhyte home.

CONTRIBUTED

Parents can register children for both nature day camps and farm camps at fortwhyte.org/day-camp or in person at FortWhyte Alive located at 1961 McCreary Road in Winnipeg.

Registration opens on Feb. 23. Parents are encouraged to call 204-989-8355 if they have any questions.

Sharpen your skills at sports camps

CONTRIBUTED

At the University of Winnipeg's Wesmen camps, kids will work up a sweat throughout the coming summer months.

With a ratio of one coach for six kids, the Wesmen Summer Sport Camps offer kids a prime opportunity to have fun and tune up their skills in a number of different sports.

Check out the camps for volleyball, basketball, multi-sports, and women's soccer. And this year, for the first time, there will be a racquetball camp with five-time national junior coach Evan Pritchard.

University of Winnipeg's Canadian Interuniversity Sport (CIS) head coaches will be actively working in the camps this year and helping the kids improve their skills.

Larry McKay, men's volleyball coaching veteran with 27 years experience, is a two-time CIS coach of the year, and has coached teams to three CIS Championships.

Diane Scott, has coached women's volleyball for 21 years and is CIS coach of the year and three-time CIS champion as a player.

Mike Raimbault, has coached men's basketball for six years and is the Canadian Colleges Athletic Association coach of the year.

Tanya McKay, is a women's basketball coach with 20 years of experience coaching teams to over 400 CIS wins and she is a member of the Basketball Manitoba Hall of Fame.

Amy Anderson, a women's soccer coach at the University of Winnipeg for two years has coached with the Manitoba Provincial Soccer Program since 2008.

There are also outreach camps in Kenora (Lake of the Woods) for women's basketball and volleyball, plus elite, week-long camps for women's volleyball, basketball and soccer.

"We are excited that all our CIS head coaches will be back on the court with the young athletes. The expertise and added enthusiasm they bring to the camp should bring an experience that all of our campers will enjoy," said Dave Crook, athletic director.

"I am also excited that we are adding new camps, including racquetball and our outreach camps in Kenora."

The 2016 Wesmen Summer Sport Camps will take place during the months of July and August.

Further information will be available at www.wesmen.ca.

UNIVERSITY OF WINNIPEG
WESMEN
THE UNIVERSITY OF WINNIPEG WESMEN
SPORT
CAMPS
SUMMER 2016
• Weeklong Camps in July and August
• Boys and Girls Grades 1-12
• Basketball, Volleyball, Soccer, and Multi-Sport
• NEW THIS YEAR Racquetball and Kenora Outreach Camps
• State of the Art Facilities – Duckworth Centre, United Health and Axworthy Health and Rec Plex
• 6 to 1 coach to athlete ratio.
Wesmen Head Coaches active in camps
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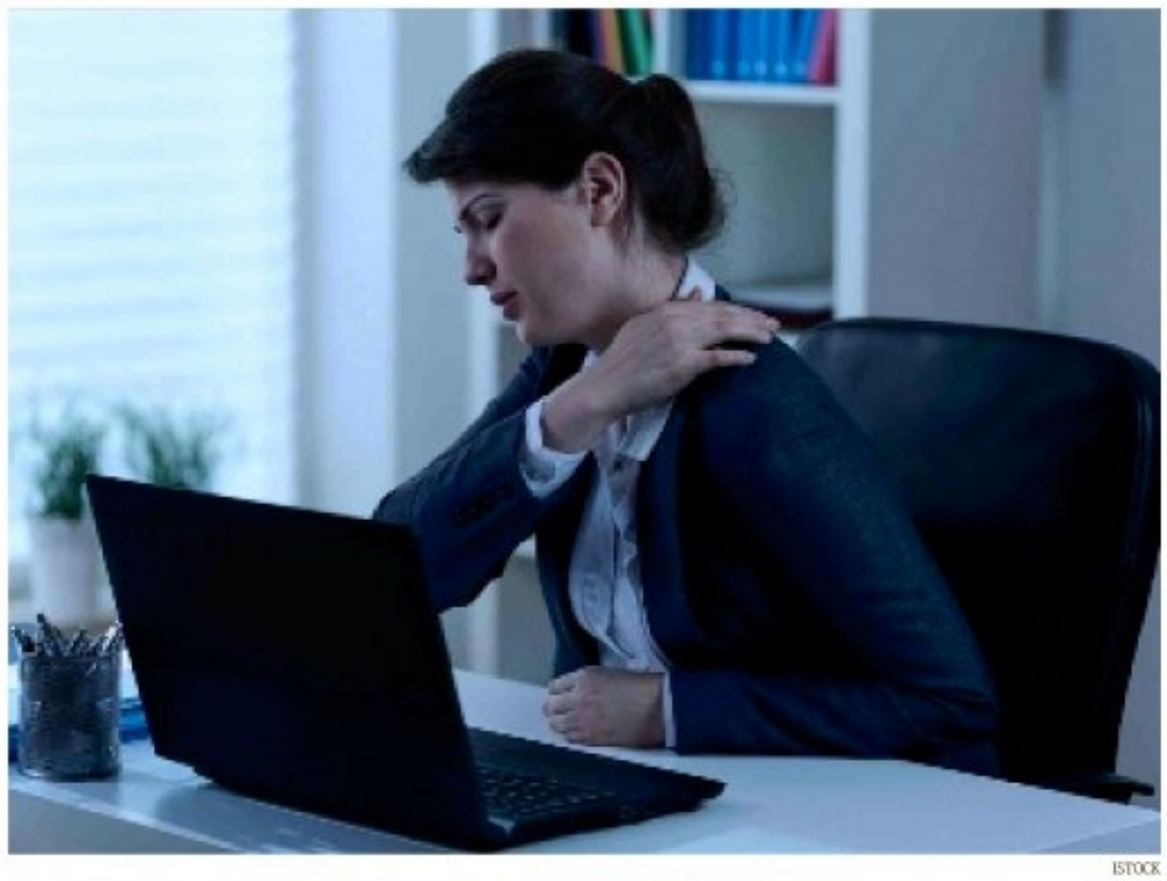
Office jobs aren't without health risks



ISTOCK

People who sit for long periods of time have a greater risk of developing back pain and even more serious issues like a lumbar disc herniation.

When we spend time sitting at a desk, craning our neck toward the computer or tilting our head to cradle a phone while typing, muscles tighten up and pull the upper lumbar spine forward, resulting in uneven distribution of upper-body weight along the arch of the spine.

When we move, soft discs between vertebrae expand and contract like sponges, soaking up fresh blood and nutrients. But when we sit for a long time, discs are squashed unevenly. Collagen hardens around tendons and ligaments, which makes our spine inflexible.

All of these can contribute to poor biomechanics, which often leads to chronic neck and back pain. While reducing sitting time and maintaining good posture will help prevent these issues, most people will require pain-relief treatment, which will allow them to move more comfortably while changing their daily routine.

Recent warnings from the FDA regarding common pain medications have changed people's approach to pain management. Patients and health-care practitioners are increasingly seeking natural pain-management alternatives that do not carry the side-effects associated with medications. A popular treatment option that meets this need involves the use of non-thermal laser therapy. A growing body of research has shown that this technology accelerates the natural healing process.

Non-thermal laser therapy uses very specific wavelengths designed to promote tissue healing, relieve pain, and reduce inflammation at a cellular level. In collaboration with senior scientists and researchers at Princess Margaret Cancer Centre in Toronto, Theralase has developed state-of-the-art technology that delivers a precise amount of light energy to the target tissue while customizing treatments for each patient. It is known as light speed healing.

Light speed healing is currently used by thousands of health-care practitioners including physicians and surgeons, chiropractors, physiotherapists, massage therapists and foot specialists, across the globe, to compliment existing hands-on healing practices.

-NEWS CANADA

12th Annual
WPS
HALF MARATHON
TWO PERSON RELAY & 5k
Rates go up March 1.
Beat the sell out!
The Winnipeg Police Half Marathon is set for
Sunday May 1, 2016
and is preparing for a 12th straight sell out.
For registration details go to
www.wpshalfmarathon.ca

CONTRIBUTED

On your mark, get set for the police marathon

Runners and walkers of all ages are uniting together once in again in what has become one of the premier running events in Winnipeg.

The 12th annual Winnipeg Police Service Half Marathon is just around the corner on May 1 and Race director Nick Paulet says this year's event is shaping up to be one of the best yet with hopes of matching last year's fundraising total of $200,000.

"This event has become a key running event in Manitoba and it provides a chance for runners and walkers of all calibres to come together to achieve their own goals while raising money for a great cause," he says, adding that over $1.2 million has been raised so far towards the Manitoba Division of the Canadian Cancer Society.

Paulet says this is an important fundraising event because cancer affects everyone – but it's also a fun family-friendly day with a popular new 5km option.

"We have a free pancake breakfast and lots of neat sights like the Police Helicopter, which will land on site for tours as well other things like the pipe band."

Paulet recommends interested participants register before the prices go up March 1 while keeping in mind that the event sells out every year. For the next five years, proceeds will be matched dollar-for-dollar by Brain Canada through the Canada Brain Research Fund, a public-private partnership established by the Government of Canada. For more information please visit wpshalfmarathon.ca.

New research team shows DEVOTION

It's all about collaboration at the Children's Hospital Research Institute of Manitoba where researchers are dedicated to battling chronic diseases in children.

A group of Manitoba researchers have formed a new research team, which has recently received funding from Research Manitoba towards The Manitoba DEVelOpmenTal Origins of chronic diseases in children Network (DEVOTION) project.

The research cluster received $500,000 per year for the next five years, which is a big step in the right direction for the team according to one of the researchers, Dr. Andrew Halayko, professor and Canada research chair, Physiology and Pathophysiology, Faculty of Health Sciences, University of Manitoba. He is joined by Dr. Jon McGavock and both will lead the mission.

"The mission of the DEVOTION cluster is to dramatically reduce the burden and costs associated with non-communicable chronic disease in Manitoba," Halayko explains, saying the group is a multidisciplinary network of four existing teams tasked to advance the understanding of the developmental origins of chronic diseases in youth.

The researchers will focus on the early life determinants of chronic diseases — with particular focus on Type 2 diabetes, asthma, and obesity — and develop novel strategies to overcome them. The program also leverages several existing Manitoba and national pediatric cohorts for diabetes, asthma, allergy, and kidney disease that are led by CHRIM investigators.

"The DEVOTION cluster will rapidly expand our understanding of the biological factors that program disease processes early in life, discover new disease risk factors, and develop novel interventions to prevent the long-term health consequences associated with early life exposure to adverse conditions."

The researchers believe the cluster will support innovative research in several areas highly relevant to the health of Manitobans, including supporting molecular research that provides the foundation for understanding chronic disease mechanisms, the discovery of new biomarkers and therapies, and validation of new biomarkers and therapeutics.

Dr. Andrew Halayko. CONTRIBUTED

"The research will lead to identification of new outcome predictors and methods for determining treatment effectiveness. It will also create new possibilities for targeted therapies that can enhance the quality of life, improve disease prevention strategies, and reduce health care costs in Manitoba," Halayko adds.

the Children's Hospital Research Institute of Manitoba
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PORTES OUVERTES AU SECONDAIRE

Centre scolaire Léo-Rémillard, 204 526-2831 :	le 24 février 2016, 19 h.
Collège Louis-Riel, 204 237-8927 :	le 1er mars 2016, 19 h.
Collège régionale Gabrielle-Roy, 204 878-2147 :	le 1er mars 2016, 19 h.

A FRENCH EDUCATION IN THE HEART OF CANADA

The Division scolaire franco-manitobaine stands out for:

- ✓ The great quality of its education program.
- ✓ The diversity of its sports and cultural activities.
- ✓ The graduates high quality of French.
- ✓ A wide array of programs: International Baccalaureate; Double accredited course with Université de Saint-Boniface; Trades Program.
- ✓ School bus transportation.

HIGH SCHOOL OPEN HOUSES

Centre scolaire Léo-Rémillard, 204 526-2831:	February 24th, 2016, 7:00 pm.
Collège Louis-Riel, 204 237-8927:	March 1st, 2016, 7:00 pm.
Collège régionale Gabrielle-Roy, 204 878-2147:	March 1st, 2016, 7:00 pm.

Équité Excellence Leadership

Any questions regarding our program or admissibility to our high school program, contact us at:
Division scolaire franco-manitobaine
204 878-9399 • 1 800 699-3736 • dsfm@dsfm.mb.ca

DSFM

CONTRIBUTED

French high school trades program in growing demand

Division scolaire franco-manitobaine helps students gain skills in trade of choice

Manitoba's only French trades program for high school students is quickly growing, as more students gain hireable skills they will need in order to succeed in their preferred trade.

"People are starting to realize that there's a large demand in the trades," says Marc Charrière, the trades programs co-ordinator for the Division scolaire franco-manitobaine (DSFM). "That's why we really want to show the students that it is a viable option."

Students in grades 10, 11 and 12 in the division can enroll in the apprenticeship program in the trade of their choice, including welding, hairdressing and electrical technology, just to name a few.

"The beautiful part about the apprenticeship program is that the students are accumulating high school credits and they're also receiving a salary 10 per cent above minimum wage," he says.

The apprenticeship program requires a number of hours in the field where they are placed with French employers as much as possible which is the division's way of fostering a French workforce.

Once the program is over, students can find long term employment in the trade they studied. Also, for students who enroll in a post-secondary program related to their trade, the Manitoba government will cover a large portion of their tuition fees, Charrière says.

"We're hoping that with more of our students getting into the trades and becoming our future workforce, they will be then be able to provide placement in a French environment to future apprentices," he says.

An excellent partnership

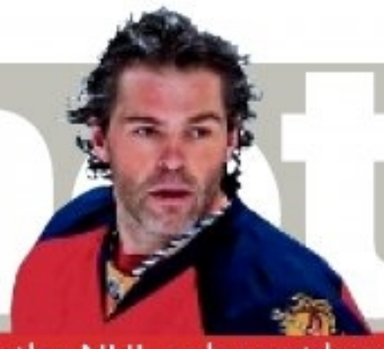
The Division scolaire franco-manitobaine (DSFM), in partnership with the Manitoba Institute of Trades and Technology (MITT), also offers Grades 9 and 10 students introduction courses to metalwork technology, woodwork technology and electrical technology in French. The two partners are also looking to organize more specific trades for Grades 11 and 12 students in the next school year.

Also the trade program allows students to learn through theory and hands on in-shop training. "For example, some Grade 10 students built a shed last year and then learned how to do the wiring for their construction project," Marc Charrière says.

Students are responding positively to the trade program. "Three years ago, it was offered to students from two of our secondary schools. We are pleased to now offer students from nine DSFM schools an opportunity to participate in this excellent program," he says.

In the near future, the DSFM will develop a culinary arts program which will be available to grades 11 and 12 students in the Division. This will provide a wider range of courses available to the secondary students.

metro SPORTS



'If I can play in the NHL, why not keep going?': The Panthers say they'd love to bring Jaromir Jagr, age 44, back for another season

5 PLAYERS WHO COULD BE ON THE MOVE

As the NHL marches toward the Feb. 29, 3 p.m. ET trade deadline, the pressure will be amped up on GMs who think they can make the playoffs, or who think they are a player or two away from the Stanley Cup, to make deals. But who will be traded? Here are the most likely suspects.

1 Jonathan Drouin, LW, Tampa Bay

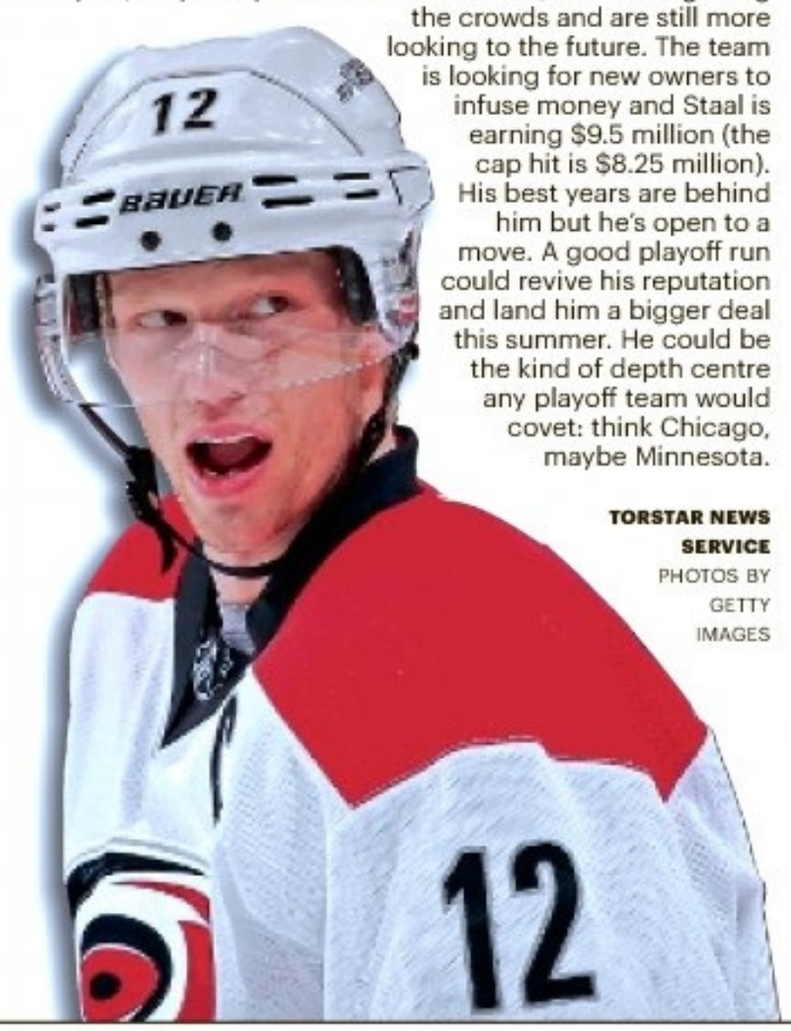
The 21-year-old holdout quit the minors to force the hand of GM Steve Yzerman to make a trade. The most likely landing spot is Colorado, where centre Nathan MacKinnon would love to be reunited with his former Halifax Mooseheads winger.

2 Andrew Ladd, LW, Winnipeg

A leader and a solid two-way player, a consistent producer offensively and a reasonable salary ($4.5 million), he'd fit into any playoff-bound team. The Corsi crowd loves him. The Jets are in the cat-bird seat here, and will get a solid return for their captain who is headed for unrestricted free agency. There could be a bidding war for him between teams such as L.A. and Florida.

3 Eric Staal, C, Carolina

GM Ron Francis has not asked Staal to waive his no-trade clause. But he wouldn't do that anyway until he had an offer he wants. Staal is in the driver's seat and it's a conundrum for Francis, a former teammate who won Carolina's only Cup with Staal. The Hurricanes are better than expected this year, maybe a year ahead of schedule, but aren't getting the crowds and are still more looking to the future. The team is looking for new owners to infuse money and Staal is earning $9.5 million (the cap hit is $8.25 million). His best years are behind him but he's open to a move. A good playoff run could revive his reputation and land him a bigger deal this summer. He could be the kind of depth centre any playoff team would covet: think Chicago, maybe Minnesota.



TORSTAR NEWS SERVICE PHOTOS BY GETTY IMAGES

4 Dan Hamhuis, D, Vancouver

GM Jim Benning might not be as all-in on a youth movement as Canuck fans want him to be, but Hamhuis would garner a big return. Hamhuis signed a cap-friendly deal to continue playing for the Canucks and got a no-trade clause because of it. The $4.5-million cap hit would fit nicely into just about any team looking for a top-four defenceman.

5 Kris Russell, D, Calgary

At 28, Russell is in the prime of his career and looking for a July 1 raise from the $2.6 million he is currently making. He would fit on any blue line, although the analytics crowd say he's overrated. The Flames want him back, but aren't afraid of testing the trade market just to see what they could get. They're a young team and could part with a veteran blue-liner for the right price. The Flames are also looking to move veteran winger Jiri Hudler.

NHL

Subban reportedly hits baby with puck

A one-month-old baby girl is recovering in hospital after reportedly getting hit in the head with a puck at a Montreal Canadiens' public practice Sunday.

Valérie Meloche, the baby's mother, wrote on Facebook that P.K. Subban tossed the puck into the crowd, which accidentally knocked the infant unconscious.

The Montreal Gazette is reporting the baby suffered a concussion and is under supervision at the Montreal Children's Hospital and is in stable condition.

P.K. Subban GETTY IMAGES

Meloche took to social media to thank the people that came to her and her daughter's aid. The baby is expected to recover after the accident. REBECCA WILLIAMS/METRO

IN BRIEF

Leafs unload two more vets

The Toronto Maple Leafs continue to purge their roster ahead of the Feb. 29 trade deadline.

A day after sending forward Shawn Matthias to Colorado, the Leafs have dealt defenceman Roman Polak and centre Nick Spaling to the San Jose Sharks in exchange for second-round draft picks in 2017 and 2018 along with forward Raffi Torres. The Leafs also sent captain Dion Phaneuf to Ottawa earlier this month. THE CANADIAN PRESS

Bautista names his price

Toronto slugger Jose Bautista says he has let the Blue Jays know what it would take to keep him, and he's still waiting for an answer.

Bautista is entering the final year of his contract, and he said at spring training Monday he sees no need for a lot of back-and-forth negotiations. The 35-year-old outfielder is coming off a 40-homer season and has made $64 million over the past five years. THE ASSOCIATED PRESS

SCOTTIES ALBERTA UTILIZING HOME-ICE ADVANTAGE

Alberta's Chelsea Carey got a 9-8 win over Northern Ontario at the Tournament of Hearts to remain 4-0 ahead of Monday's evening draw. Manitoba's Kerri Einarson was 2-1 going into the night match against Saskatchewan's Jolene Campbell and Winnipeg's own Jennifer Jones of Team Canada was 1-2 before facing Newfoundland and Labrador's Stacie Curtis. Go to metronews.ca for results. JONATHAN HAYWARD/THE CANADIAN PRESS

RECIPE Leek and Artichoke Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Get your Tuesday going with a dinner of green eggs (but no ham, although, we guess you could add that!). We love the slightly salty hit of the goat cheese against the smooth eggs and artichokes.

Ready in
Prep time: 5 minutes
Total time: 20 minutes
Serves 4

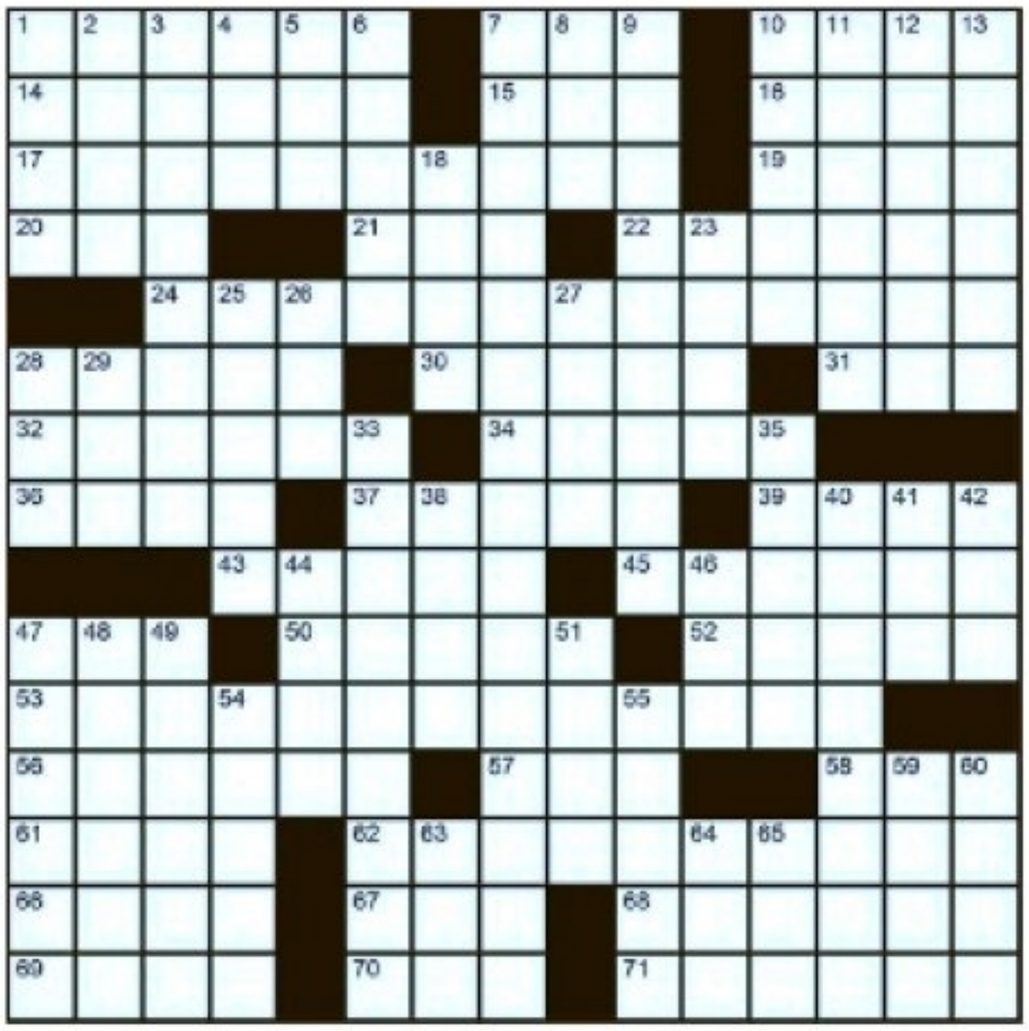
Ingredients
- 1 Tbsp olive oil
- 1 leek, washed thoroughly and sliced thinly
- 2 cloves garlic, minced
- 1 can of artichokes, drained (14 oz)
- 3 scallions, sliced
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled

Directions
1. Preheat the oven to 350 F.
2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.
3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.
4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. The _ of the Shrew
7. Pen brand
10. Everly Brothers: "Let It _ _"
14. Prefix to 'phonic'
15. Tokyo, formerly
16. Malefic
17. 1957 to 1966 crime drama ...more at #24-Across: 2 wds.
19. Salami shop
20. Six: Italian
21. Mother goddess of Thebes
22. W.C.'s surname
24. On the American show at #17-Across, Canadian actor Raymond Burr starred in the title role as a what?: 2 wds.
28. _ pipe
30. Ms. Hatcher's
31. Firearms org.
32. Cling causer
34. Defeats
36. Morns opposites in verse
37. Hooting hatchling
39. Mr. Baldwin
43. Emmy-winning actress Ms. Woodard
45. 1981: "The Stroke" by Billy _
47. Periods beyond regular hrs.
50. Work _ _ (Masterpiece)
52. Video game pioneer
53. Canadian Cheddar might be a selection on one: 2 wds.
56. Cherry: French
57. WWII operation, _ Jima
58. Imaginary globe line, e.g.
61. Hand-me-down
62. Mailing services locale: 2 wds.
66. Wrinkle
67. Away
68. Purple flowers
69. Ivan's terrible gig
70. Olde-style contraction
71. 19th-century Pointillist painter

DOWN
1. Cutlery components, curtly
2. To _ _ (Exactly)
3. Tragically Hip's "At the Hundredth _"
4. Somehow flawed [abbr.]
5. Napoleonic†Wars marshal
6. Gum: French
7. Popular books often top them: 2 wds.
8. Nuptials vow: 2 wds.
9. Clashes
10. Cover with droplets
11. Singer, _ "Champagne" King
12. More balmy
13. Defence electronics firm of Israel
18. Uncle's wife
23. "May _ _ a question?"
25. _ _ hole in (Corrodes)
26. Bus. day
27. Buffalo's lake
28. Cattle disease, commonly
29. Path [abbr.]
33. Morning cup filler: 2 wds.
35. Lightly fry
38. Sandwich type
40. Jim Carrey comedy: 2 wds.
41. 'Musket' suffix
42. Heartfelt protest, _ de coeur
44. Team's setback
46. Q. "Is there a '_' _ the end of the 'Avenue' musical?" A. "Yes."
47. Supernatural
48. Dissertation
49. Canadian songstress Ms. Ryder
51. "I _ I taw a puddy tat!" - Tweety Bird
54. Downy duck
55. Wrenches and drills
59. Medieval silk/gold fabric
60. Quiz
63. Arles affirmative
64. "Phooey!"
65. Winter bug

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will have a hard time controlling your emotions. Be warned though: if you blow your top you may offend someone powerful. Whatever the issue, it's not the end of the world, so calm down.

Taurus April 21 - May 21
The more you tell others what to do today the more they'll do the opposite to spite you. Some people do not like to be directed. This is not the time to come on strong.

Gemini May 22 - June 21
You are trying so hard to please one person that someone else feels neglected. If you want both relationships to survive you are going to have to be more even-handed.

Cancer June 22 - July 23
You know from bitter experience that if you try to please everyone you end up pleasing no one, so aim to please the one person who truly matters — you. Your generosity will be taken for granted today so don't waste it.

Leo July 24 - Aug. 23
You won't see eye-to-eye with someone over a business or financial matter. Give the situation a bit more time and it will resolve itself.

Virgo Aug. 24 - Sept. 23
You may fear the worst over a partnership matter but you are being way too pessimistic. This is just a passing phase and by the end of the week you will be the best of friends again — and maybe more than friends too!

Libra Sept. 24 - Oct. 23
Changes in your working routine may not be to your liking but in the long-term they will work in your favour. Progress will come whether you want it to or not, so be smart and work with the forces of change.

Scorpio Oct. 24 - Nov. 22
No one has the right to tell you how to behave or how to manage your affairs. There is no point arguing with certain people, just get on and do what feels right to you.

Sagittarius Nov. 23 - Dec. 21
Jump to conclusions today and chances are they will be wrong. Wait before deciding if someone has let you down. Later you'll realize that you got the wrong end of the stick.

Capricorn Dec. 22 - Jan. 20
Get tough. Let whoever's giving you a hard time know you'll no longer stand there and take what they dish out. You're under no obligation to be nice to those who aren't nice to you.

Aquarius Jan. 21 - Feb. 19
Something needs to be brought into the open. Face up to what has come between you and a friend or family member and find ways to deal with it. There may be a few tears but it will all come right in the end.

Pisces Feb. 20 - March 20
Yesterday's full moon is still having an effect, not least by stirring up old rivalries. There may be a few harsh words today but you must not hold any grudges.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		4			8		3	
			1	7				4
2			3	9				
	3	9	5					2
	1	7		3		6	5	
6					9	4	7	
				2	1			7
3				8	5			
	7		6			2		5

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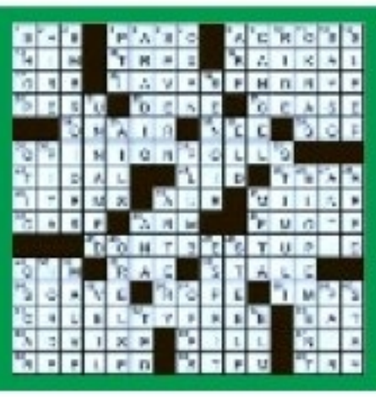
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



7	5	8	3	9	1	6	4	2
4	1	6	7	8	2	3	5	9
3	2	9	4	5	6	1	7	8
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1	9	3	2	4	8	7	6	5
6	4	2	5	7	9	8	3	1
5	8	4	9	3	7	2	1	6
9	3	1	6	2	5	4	8	7
2	6	7	8	1	4	5	9	3

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